

2025 Mike Lehto Viking Warm up info:

Hello Coaches and Team Admin.

We are excited to see you and your team at this week's Mike Lehto Viking Invitational Swim Meet. Please see the Warm up info below which is also attached as a PDF. The most updated Psych sheet as of last night is attached for your review as well as the approximate timeline.

Please send any entry inquiries or updates to John Christensen at johnRchristensen@gmail.com.

Please read the details below on the timeline for warm ups that have changed and updated since the meet information. B-Session and Finals warm up and start times have been updated so please make the appropriate team transportation arrangements and team communications with your swimmers and families.

Heat sheets -digital copy will be emailed to you near the end of the week. Hard copy in limited quantities will be available at the meet. Meet will also be on Meet Mobile.

REGISTRATION:

- Coaches can start checking in at the check-in table which will be located by the lifeguard's office at 6:15 AM on Saturday Dec. 20. Please do not enter on deck until 6:15 AM to give everyone time to set up. Coaches' heat sheet package will be available in limited quantities.
- We will have heat sheets and wristbands for you and your coaching staff. Please provide us a cell number where we can reach you during the meet.
- Teams that have an entry fee balance are requested to bring payment to the check-in table.
- If for some reason your payment cannot be made, please provide us with School Name, Athletic Director's Name, Mailing Address, Phone, and Email.

RELAYS:

- Coaches may pick up a relay sheet for their team at the scoring table upon arrival for both the A-session and B-session. Any changes to relay names or order should be made directly on the relay sheet and returned to the scoring table.
- If the relay names listed are already correct, please verify the information and return the sheet.
- All relay sheets must be returned to the scoring table **no later than 30 minutes prior to the start of the meet**. Any additional changes prior to the start of a relay may be made on the relay sheet at the scoring table.
- The relay sheet will serve as the official record of athletes swimming in each relay, so **all changes must be reflected on the sheet**.
- New relay sheets for finals will be printed using the relay names submitted for prelims.

UPDATED Schedule:

A- Session Prelims Schedule:

6:00 am- Parking garage (East lot next to the rec. center) opens

6:15 am- Doors for swimmers and coaches open

6:30 am- Open Warm-Ups

6:45 am- **Coach's Meeting**-in the Hospitality area

7:40 am- Sprints and Starts- lanes 1&2 pace, lanes 3-10 starts

8:00 am- Prelim A-Session Meet Start

9:00 am- Approx. time of the 15 min. break after 50 free

11:15 am- Estimated end of A-Session

B- Session Schedule (NEW UPDATED TIMES):

12 pm- Open Warm up for B-Session swimmers
12:40 pm- Sprints and Starts- lanes 1&2 pace, lanes 3-10 starts
1 pm- B-Session (timed finals) Start
3:30 pm - Estimated end of B-Session

Finals (NEW UPDATED TIMES):

4:00 pm- Finals Warm up starts
4:35 pm- Sprints and Starts- lanes 1&2 pace, lanes 3-10 starts
4:50 pm- Special Mike Lehto Tribute and Dedication
5:00 pm- Finals Start
7:15 pm- Estimated end of the meet

NOTE: Please make sure your swimmers are lined up on time behind the blocks, comfortable with fly-over starts, and prepared for a fast paced meet. Fastest **2 heats** of individual events and the fastest **top heat** of 500 free and relays will advance to finals from A-session prelims. B-session is timed finals and will not advance to finals.

PRE-SALE TICKETS: Admission tickets for spectators are on sale with discounted pre-sale prices until Friday Dec. 19th 11:55 PM at <https://www.ignatiuswildcats.com/tickets>. Click here and scroll down to the Swimming and Diving Ticket Sales. Please share this link with your team families. Tickets will also be sold at the admission table but at a higher price and **only accepting credit card payments** through Hometown ticketing. No cash will be taken at Admissions.

DIGITAL HEAT SHEETS will be emailed out end of this week and available at the meet in hardcopy in limited quantities. The most current Psych sheets are attached to this email.

AWARDS:

Please remind your swimmers to pick up their custom Viking awards. Awards will be given to the top 6 swimmers from all individual swimmers and top 3 relay teams from both Finals and B-Sessions.

Mike Lehto Viking T-SHIRTS AND BUCKET HATS

This special edition of our Viking T-Shirt in limited quantities is for sale. We are also selling our popular bucket hats- makes for a great stocking stuffer. Our Viking Apparel Shop is located inside the Natatorium. Credit cards preferred.

HOSPITALITY:

The hospitality area will be open all day from 6:30 am until the meet ends serving food and refreshments.

- 6:30 am -Breakfast
- 11:30 am -Lunch service will begin (at the end of A-Session Prelims)
- 3:30 pm -Dinner service will begin (at the end of B-Session)

*NOTE: Hospitality is reserved for Meet officials, Coaches, Meet Volunteers, and Media Representatives. Not for swimmers. Concession stand food (upstairs in the lobby) will be available during the meet for spectators and swimmers.

DECK SPACE: Because of the large number of athletes, deck space will be at a premium. Only swimmers entered in their session are allowed on deck. For teams that travel together and need space to sit in the stands while they wait for either A-, B- or Final Session swimmers to complete, we are allowing them to sit upstairs in

the stands by the scoreboard without paid admission as long as they check in with the Admission table. Please email to us the list of swimmers on your team that will need this accommodation in the stands.

We will inform you of any adverse weather related issues. If you have any questions during the meet, please text or call meet directors, Kyoko Hong (216)262-4407 or Diana Johannessen (216)496-2051.
Looking forward to an exciting day at Viking!

Warm Regards,
Kyoko Hong and Diana Johannessen